HEALTHRIDER® E55
E L L I P T I C A L   C R O S S T R A I N E R

USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST
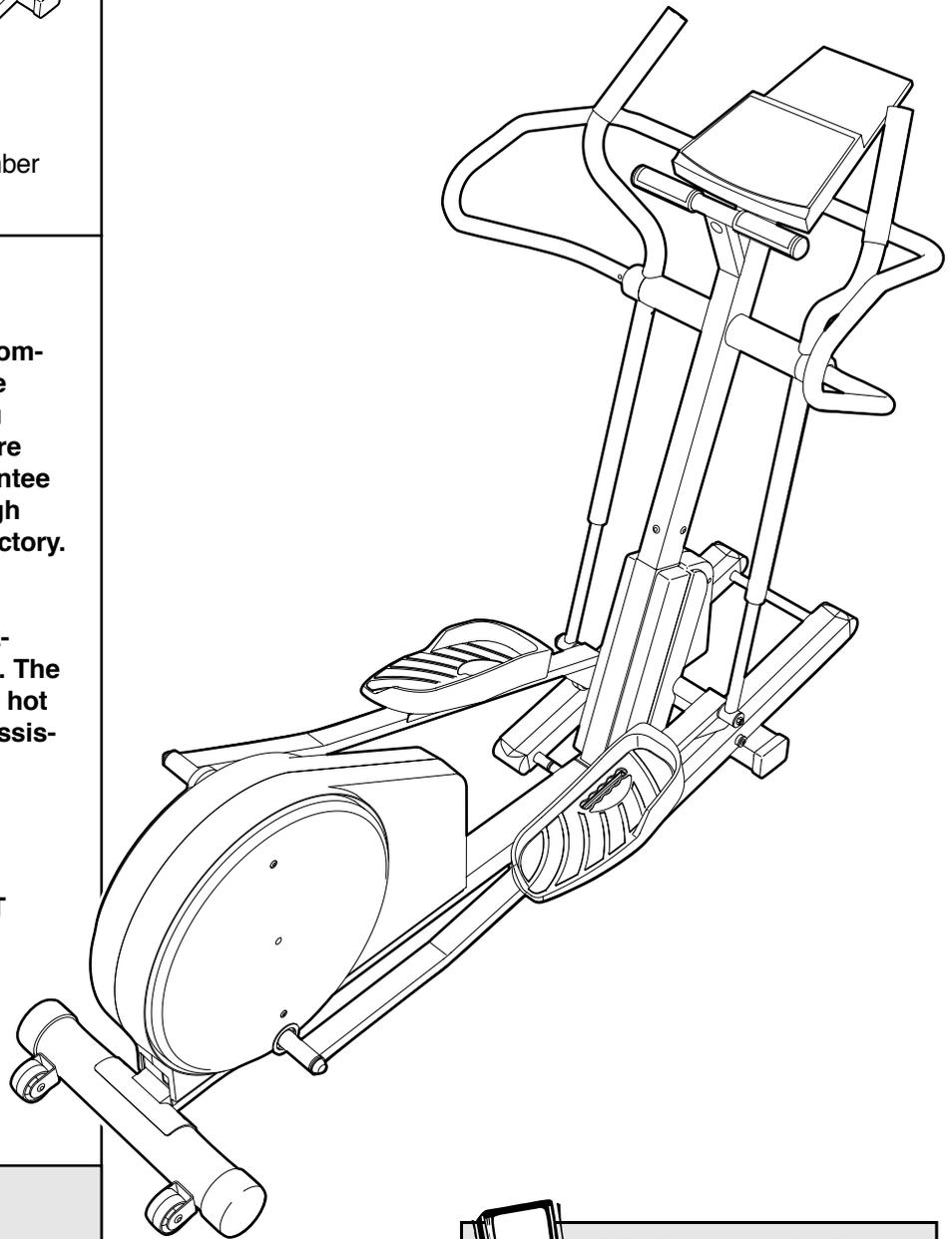
⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Visit our website at

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new products, prizes, fitness tips, and much more!

HEALTHRIDER® E55
ELLIPTICAL CROSSTRAINER

TABLE OF CONTENTS

# IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.

2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.

3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.

4. Inspect and tighten all parts regularly. Replace any worn parts immediately.

5. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.

6. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.

7. Always hold the handlebars, the pulse handlebar, or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.

8. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.

9. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

10. When you stop exercising, allow the pedals to slowly come to a stop.

11. Keep your back straight when using the elliptical crosstrainer; do not arch your back.

12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

13. The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

14. The decal shown below has been placed on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.
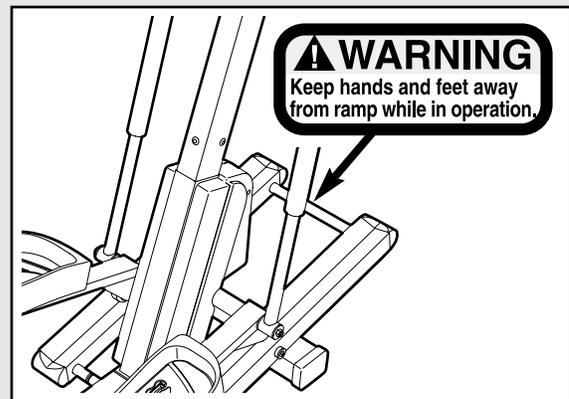
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
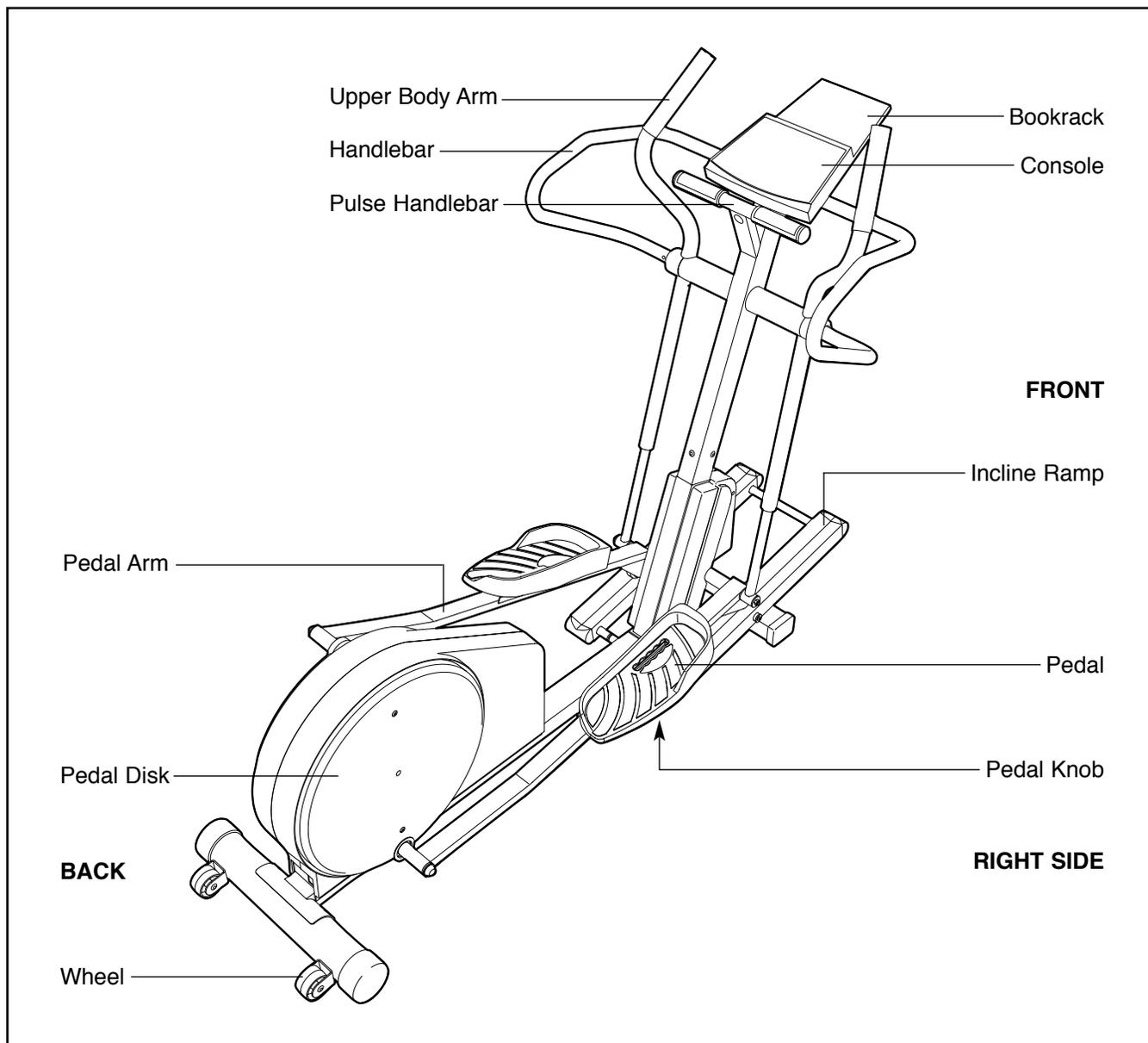
BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider®
E55 elliptical crosstrainer. The HealthRider® E55 ellip-
tical crosstrainer is an incredibly smooth exerciser that
moves your feet in a natural elliptical path, minimizing
the impact on your knees and ankles. And the unique
HealthRider® E55 features adjustable resistance and
incline to help you get the most from your exercise.
Welcome to a whole new world of natural, elliptical-
motion exercise from HealthRider.

**For your benefit, read this manual carefully before
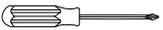you use the elliptical crosstrainer.** If you have

questions after reading this manual, please call our
Customer Service Department toll-free at 1-800-999-
3756, Monday through Friday, 6 a.m. until 6 p.m.
Mountain Time (excluding holidays). Please note the
product model number and serial number before call-
ing. The model number is HREL50020. The serial
number can be found on a decal attached to the ellip-
tical crosstrainer (see the front cover of this manual
for the location of the decal).

Before reading further, please familiarize yourself with
the parts that are labeled in the drawing below.

Upper Body Arm

Handlebar

Pulse Handlebar

Bookrack

Console

FRONT

Incline Ramp

Pedal Arm

Pedal

Pedal Disk

Pedal Knob

BACK

RIGHT SIDE

Wheel

4

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included allen wrenches, assembly requires a phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**

M8 Split Washer (58)–4	M10 Split Washer (13)–3	M8 Washer (33)–6	M10 Washer (94)–2	Plastic Pedal Spacer (11)–2
Console Screw (35)–4	M10 x 25mm Screw (100)–3	M8 x 40mm Button Bolt (101)–6	M8 x 19mm Screw (30)–4	M4 x 16mm Screw (72)–1

M10 x 105mm Carriage Bolt (60)–2

M10 x 92mm Carriage Bolt (86)–2

M10 x 65mm Carriage Bolt (43)–2

3/4" Axle Cap (61)–2

57mm Spacer (22)–2

M8 Nylon Locknut (80)–8

M10 Nylon Locknut (26)–4
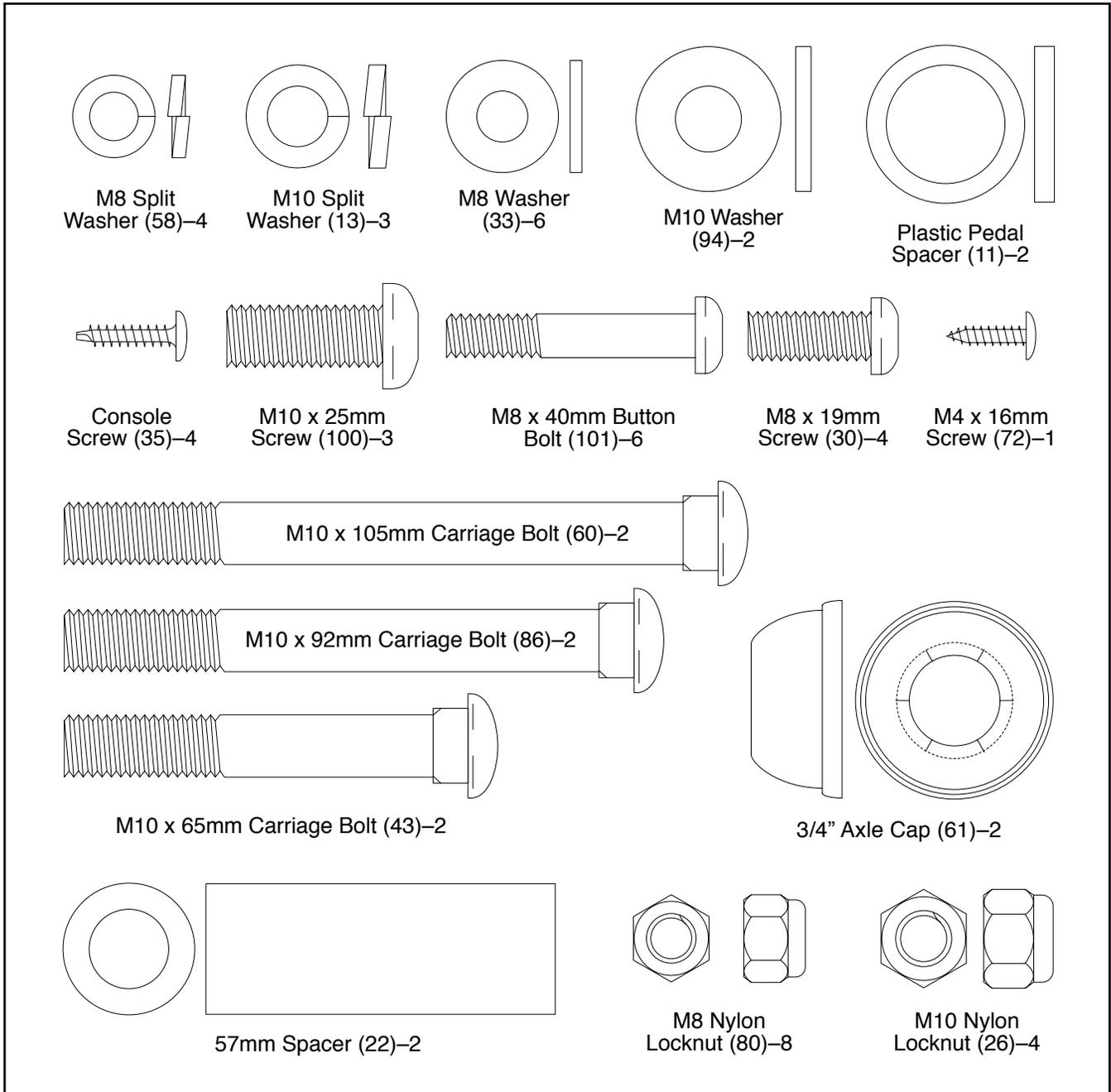
1. Identify the Rear Stabilizer (59), which has Wheels (45) attached to it.

   Attach the Rear Stabilizer (59) to the rear of the Frame (1) with the two M10 x 105mm Carriage Bolts (60) and two M10 Nylon Locknuts (26). **Make sure that the Rear Stabilizer is turned so the Wheels (45) are not touching the floor.**
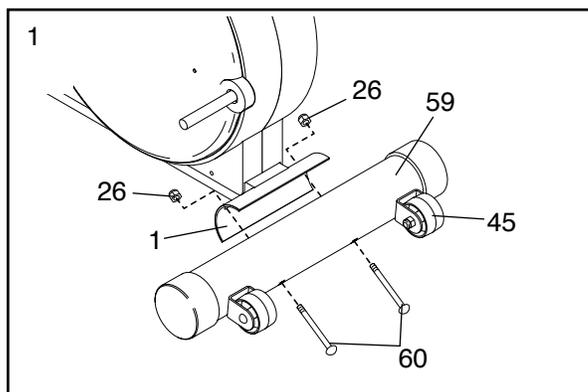
2. Attach the Front Stabilizer (14) to the front of the Frame (1) with the two M10 x 92mm Carriage Bolts (86) and two M10 Nylon Locknuts (26).
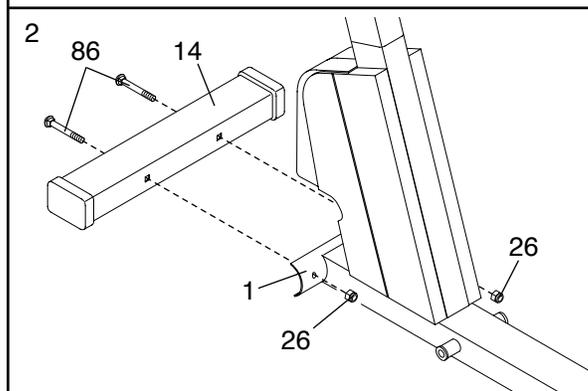
3. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Screw (30). Tighten the Screw into one end of an Incline Axle (29). Apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Ramp (5) with the tubes on the Frame (1). **Make sure that the Incline Ramp is turned so the V-shaped grooves are on top.** Insert the Incline Axle (29) into the Incline Ramp and the Frame. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

   Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Screw (30). Tighten the Screw into the open end of the Incline Axle (29).
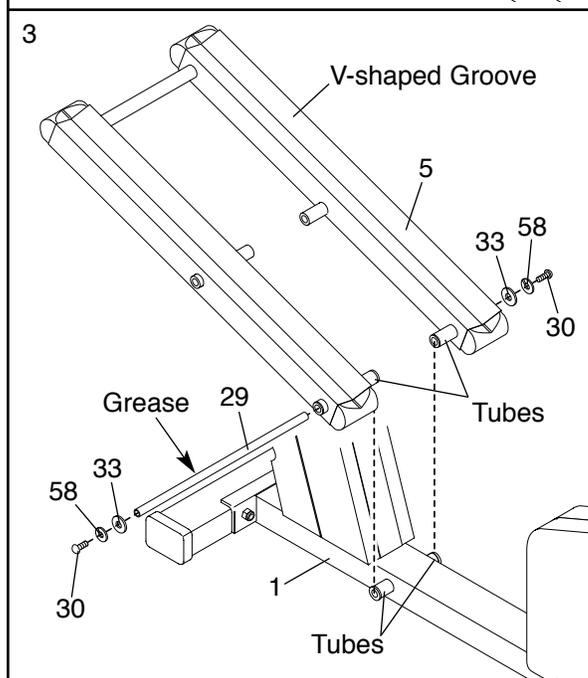
4. Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Screw (30). Tighten the Screw into one end of the other Incline Axle (29). Apply a small amount of grease to the Incline Axle.

   Lift the Incline Ramp (5). Insert the Incline Axle (29) through one side of the Incline Ramp, through a 57mm Spacer (22), through the motor screw, through another 57mm Spacer (22), and then through the other side of the Incline Ramp.

   Slide an M8 Split Washer (58) and an M8 Washer (33) onto an M8 x 19mm Screw (30). Tighten the Screw into the open end of the Incline Axle (29).

6
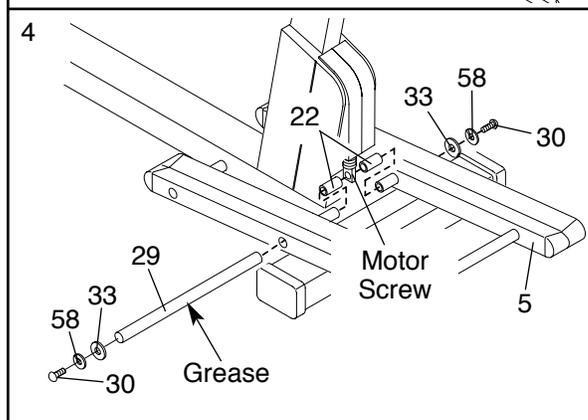
5. Identify the Left Pedal Arm (3), which has an "L" sticker attached to it. Identify the Left Pedal (41), which has the letter "L" molded onto the bottom.

   Insert an M10 x 65mm Carriage Bolt (43) into the center of the slot in the Left Pedal (41) and through the Left Pedal Arm (3). Slide an M10 Washer (94) onto the Carriage Bolt and then tighten a Pedal Knob (103) onto it.

   Attach the Right Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.

6. Apply a small amount of grease to the axle on the left Crank Arm (6).

   Slide a Plastic Pedal Spacer (11) and the Left Pedal Arm (3) onto the axle on the left Crank Arm (6). (Note: It may be helpful to use a rubber mallet to tap these parts on. **Do not to confuse the Left Pedal Arm with the Right Pedal Arm [not shown]; look at the position of the round tube to identify the Left Pedal Arm.)** Tap a 3/4" Axle Cap (61) onto the axle.

   Attach the Right Pedal Arm (not shown) in the same way.

7. Apply grease to the welded bolt on the Left Pedal Arm (3). Slide a Chrome Tube (98) and an M8 Washer (33) onto the welded bolt. **Make sure that the Chrome Tube is turned exactly as shown in the inset drawing.** Tighten an M8 Nylon Locknut (80) onto the welded bolt.
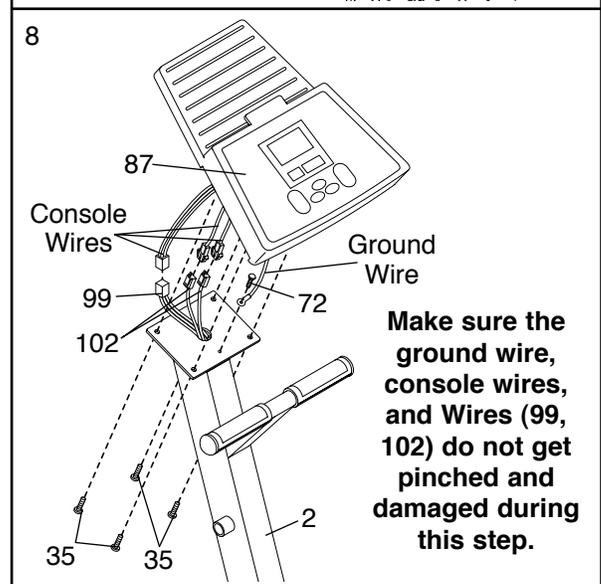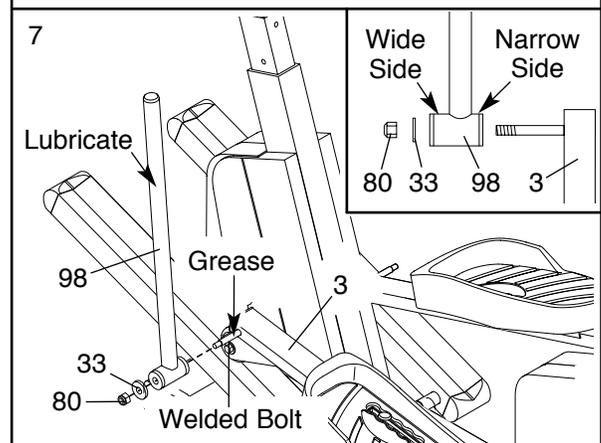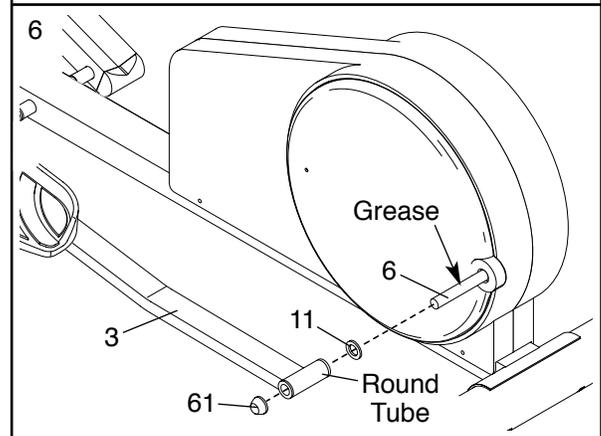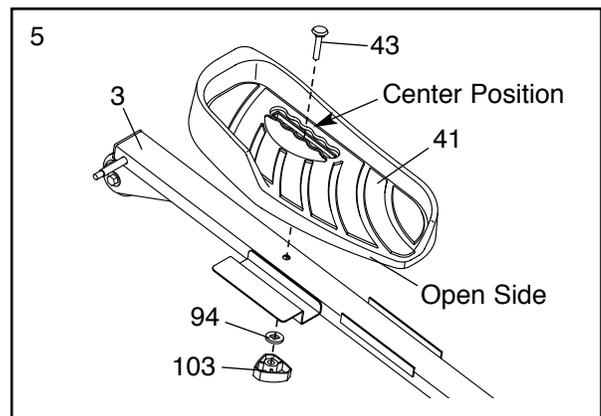
   Attach the other Chrome Tube (not shown) to the Right Pedal Arm (4) in the same way.

   Apply a small amount of the included Teflon® lubricant to a paper towel. Rub a thin layer of the lubricant onto both Chrome Tubes (98).

8. Remove the four Console Screws (35) from the Console (87). Connect the Extension Harness (99) and the Pulse Wires (102) to the corresponding console wires. **The orange and black Pulse Wire should be connected to the console wire marked with an "R."**

   Attach the ground wire to the Upright (2) with an M4 x 16mm Screw (72).

   Insert all of the extra wiring into the Upright (2). Attach the Console (87) to the Upright with the four Console Screws (35) that you removed from the Console. **Be careful to avoid pinching the wires.**

Make sure the ground wire, console wires, and Wires (99, 102) do not get pinched and damaged during this step.

9. While another person holds the Upright (2) near the Frame (1), connect the Wire Harness (25) to the Extension Harness (99). Attach the Upright to the Frame with three M10 x 25mm Screws (100) and three M10 Split Washers (13). **Be careful to avoid pinching the Wire Harnesses.**


Make sure the Wire Harnesses (25, 99) do not get pinched and damaged during this step.
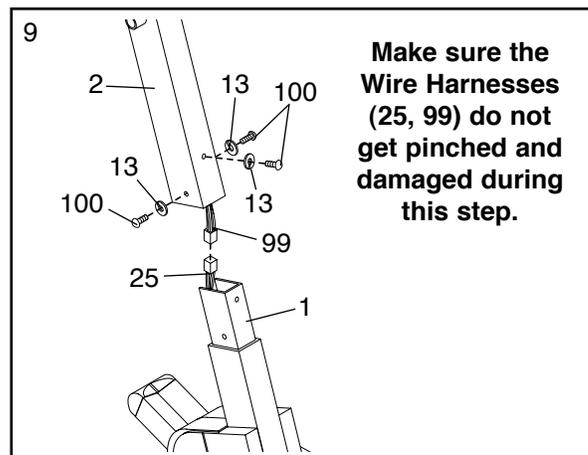
10. Slide the Left Upper Body Arm (15), which is marked with an "L" sticker, onto the Chrome Tube (98) on the Left Pedal Arm (not shown). Slide the Right Upper Body Arm (18) onto the Chrome Tube on the Right Pedal Arm (4). **Make sure that the Upper Body Arms are on the correct sides—the upper ends will bend in the direction shown by the arrows.** Next, slide an Axle Cover (49) onto the post on each Upper Body Arm.
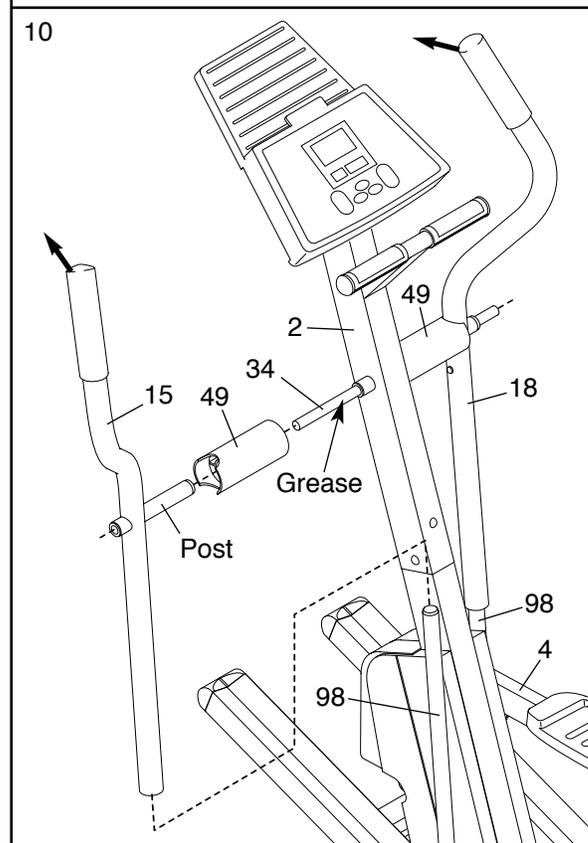
Apply grease to the Arm Axle (34). Insert the Arm Axle into the Upright (2), the right Pivot Cover (49), and the Right Upper Body Arm (18) as shown. Push the Arm Axle into the Upright until the left end of the Arm Axle is flush with the left side of the Upright. Next, raise the Left Upper Body Arm (15) and insert the Arm Axle into the left Axle Cover (49) and the Left Upper Body Arm. **Center the Arm Axle.**

11. Push an Axle Cap (51) onto the left Axle Cover (49). Orient the Left Handlebar (104) as shown. Slide the Left Handlebar onto the indicated post and the Arm Axle (34). Attach the Left Handlebar with three M8 x 40mm Button Bolts (101) and three M8 Nylon Locknuts (80).
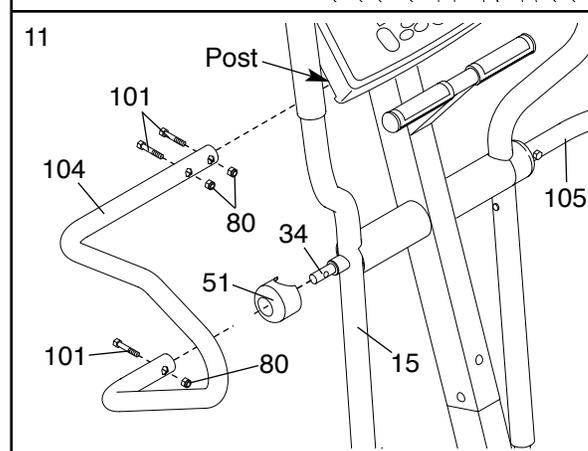
Attach the Right Handlebar (105) in the same way.

12. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: Some hardware may be left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE ELLIPTICAL CROSSTRAINER

PLUGGING IN THE POWER CORD

Locate the power cord on the elliptical crosstrainer. Plug the power cord into a surge protector (not included), and plug the surge protector into a 120-volt outlet. The displays and various indicators on the console will light and a tone will sound. **To decrease the possibility of damaging the elliptical crosstrainer, always use a surge protector.**

Note: When the power cord is plugged in, the incline ramp will move to the lowest position. In addition, the incline ramp may rise and then move back to the lowest position as the elliptical crosstrainer performs a calibration routine. During the routine, the letters "CAL" will appear in the right LED display and then dashes will appear in the left LED display.

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebars or the pulse handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.
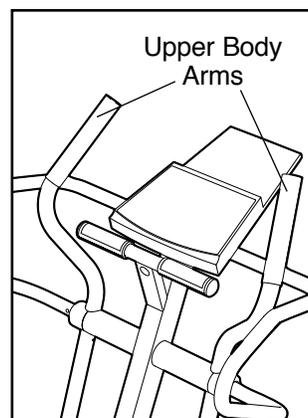

Handlebar

Pulse Handlebar
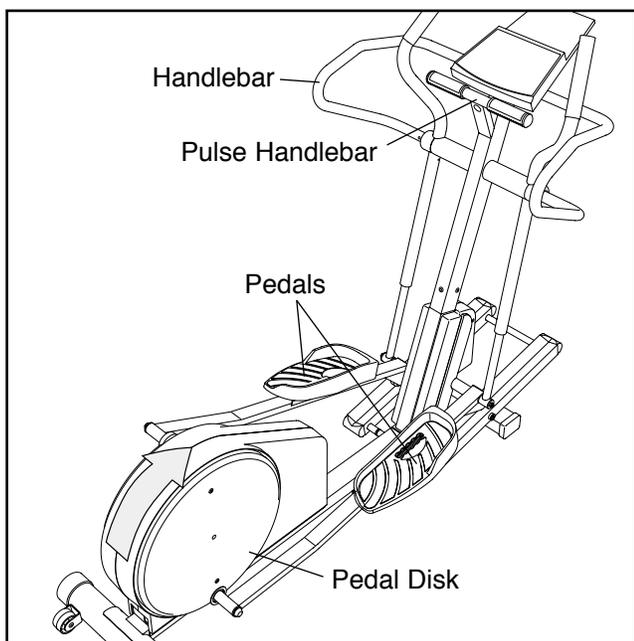
Pedals

Pedal Disk

Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow above; however, to give variety to your exercise, you may turn the pedal disks in the opposite direction.

To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

USING THE UPPER BODY ARMS

The upper body arms are designed to add upper-body exercise to your workouts. Move the upper-body arms forward and back as you exercise in order to work your arms, back, and shoulders.

Upper Body Arms

To exercise only your lower body, hold the handlebars or the pulse handlebar as you exercise.

ADJUSTING THE PEDALS

The pedals can be adjusted to any of five positions. To adjust the pedals, loosen the pedal knobs beneath the pedals, slide the pedals forward or backward, and then retighten the pedal knobs.

⚠ CAUTION: **Before operating the console, read the following precautions.**

• **Always hold the pulse handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.**

• **When you stop exercising, allow the pedals to slowly come to a stop.**

• **Keep your feet and objects from beneath the elliptical crosstrainer.**

• **To reduce the risk of electric shock, keep the console dry.**

• **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

CONSOLE DIAGRAM
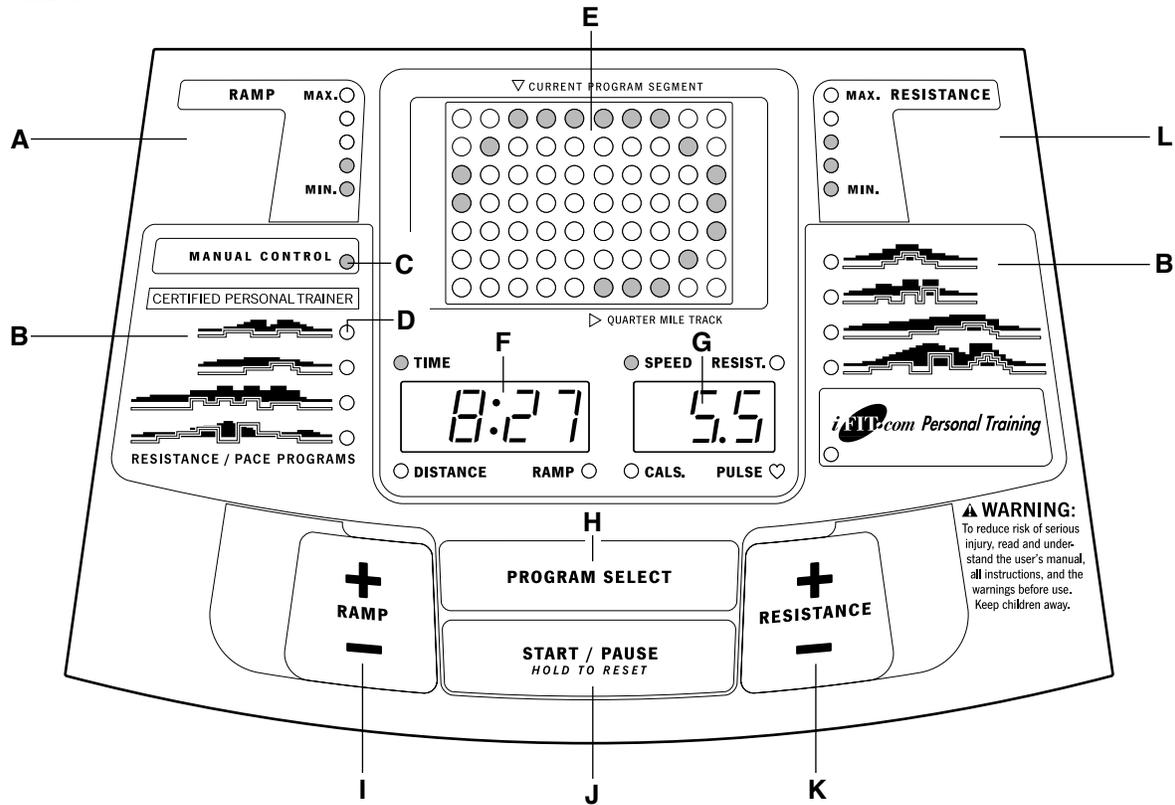
DESCRIPTION OF THE CONSOLE

The advanced console offers a variety of features to help you get the most from your workouts.

When the manual mode of the console is selected, the incline and the resistance of the elliptical crosstrainer can be changed with a touch of a button. As you exercise, the LED matrix and displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers eight certified personal trainer programs. Each program automatically changes the incline and the resistance of the elliptical crosstrainer as it guides you through an effective workout.

The console also features new iFIT.com interactive technology. IFIT.com technology is like having a personal trainer right in your home. Using a stereo audio cable (available at electronics stores), you can connect the elliptical crosstrainer to your home stereo, portable stereo, or computer and play special iFIT.com CD pro-

grams (CD's are available separately). IFIT.com CD programs automatically control the incline and the resistance of the elliptical crosstrainer as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the elliptical crosstrainer connected to your computer, you can also go to our new Web site at www.iFIT.com and access audio programs and video programs directly from the internet.

To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.

Refer to the drawing on page 10.

Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Incline display—This display shows the incline level of the elliptical crosstrainer.

B. Program profiles—These profiles show how the resistance and incline of the elliptical crosstrainer will change during personal trainer programs. For example, the upper profile on the right side of the console shows that the resistance and incline will gradually increase during the first half of the indicated program, and then gradually decrease during the last half.

C. MANUAL CONTROL indicator—This indicator will light to show when the manual mode is selected.

D. Program/iFIT.com indicators—These indicators light to show when a personal trainer program or the iFIT.com mode is selected.

E. LED matrix—When the manual mode or the iFIT.com mode is selected, the LED matrix will show a quarter-mile track. When a personal trainer program is selected, the matrix will show your progress and upcoming resistance settings.

F. TIME/DISTANCE/INCLINE/LAPS display—This display shows the elapsed time (or the remaining time in a personal trainer program), the distance that the pedals have moved, the incline level, and the total number of quarter-mile laps completed. The display will change modes every few seconds. Note: The letter "L" will appear in the display when the number of laps is shown.

G. SPEED/CALORIES/PULSE/RESISTANCE display—This display shows your current speed, the approximate number of calories you have burned, and the resistance level. The display will change modes every few seconds. When the pulse sensor is used, the display will also show your heart rate.

H. PROGRAM SELECT button—This button is used to select the manual mode, personal trainer programs, and the iFIT.com mode.

I. RAMP buttons—These buttons control the incline of the elliptical crosstrainer. Each time one of the buttons is pressed, the incline level will change by 1%. If a button is held down, the incline will change in increments of 5%. The incline range is 0% to 30%.

J. START/PAUSE button—This button is used to start the console and to pause the console. If the button is held down, the displays will be reset.

K. RESISTANCE buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels.

L. RESISTANCE display—This display shows the resistance level of the elliptical crosstrainer.

HOW TO USE THE MANUAL MODE

1 Turn on the power

Make sure that the power cord is properly plugged in (see page 9). To turn on the power, press the START/PAUSE button or begin exercising. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

2 Select the manual mode

Each time the power is turned on, the manual mode will be selected and the MANUAL CONTROL indicator will light. If a personal trainer program or the iFIT.com mode has been selected, press the PROGRAM SELECT button repeatedly to select the manual mode. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to the lowest position.**

MANUAL CONTROL ○

RTIFIED PERSONAL TRAINER
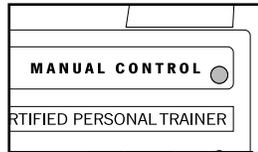
3 Begin exercising and adjust the incline and the resistance of the elliptical crosstrainer

As you exercise, adjust the incline and resistance as desired by pressing the RAMP and RESISTANCE buttons. The incline setting will be shown in the left display. The resistance setting will be shown in the right display. Note: After the buttons are pressed, it may take a few seconds for the selected setting to be reached.

4 Follow your progress with the displays

When the manual mode is selected, the LED matrix will display a quarter-mile track. As you exercise, the indicators around the track will light in sequence until you have completed one lap. The LED matrix will then darken and a new lap will begin.

The left display will show the elapsed time, the distance that the pedals have moved, the incline level, and the number of laps you have completed. The right display will show your current speed, the approximate number of calories you have burned, and the resistance level. The right display will also show your heart rate when the pulse sensor is used (see step 5).

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, press the RAMP + button and the RESISTANCE + button simultaneously for a few seconds. The LED matrix will show a letter E for English miles or a letter M for metric kilometers. Press the RESISTANCE + button to change the unit of measurement if desired. When the desired unit of measurement is selected, press the right side of the START/PAUSE button.

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
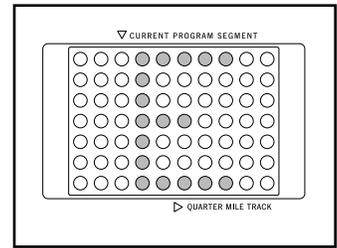
5 Measure your heart rate if desired

Important: If there are thin sheets of plastic on the metal contacts on the pulse sensor, peel off the plastic before using the pulse sensor. To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator below the right display will light, one or two dashes (– –) will appear, and then your heart rate will be shown.

Metal Contacts
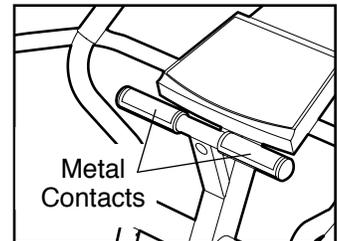
For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. The right display will show your heart rate for up to 15 seconds; the display will then show your current speed, calories burned, your heart rate, and the resistance level, in seven-second intervals. **Note: Your heart rate will be shown only when the pulse sensor is used.**

6 When you are finished exercising, the console will automatically turn off

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically switch into a "sleep" mode. Important: Unplug the power cord after each use.**

HOW TO USE CERTIFIED PERSONAL TRAINER PROGRAMS

1 **Turn on the power**

See step 1 on page 12.

2 **Select one of the eight personal trainer programs**

Each time the power is turned on, the manual mode will be selected. To select a personal trainer program, press the PRO-GRAM SELECT button repeatedly until one of the eight program indicators lights. **Note: When you press the PRO-GRAM SELECT button, the incline will automatically change to its lowest position.**

CERTIFIED PERSONAL TRAINER
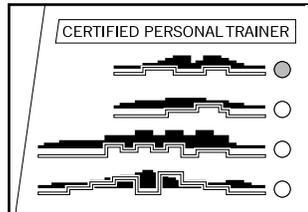
As you select each program, the LED matrix will show the first eight resistance settings of the program you have selected (see step 3).

3 **Start the program**

To start the program, press the START/PAUSE button or simply begin exercising.

Each program is divided into 20 one-minute segments. One resistance setting and one incline setting are programmed for each segment. The resistance setting for the first segment is shown in the flashing CURRENT PROGRAM SEGMENT column of the LED matrix. The settings for the next seven segments are shown in the columns to the right. (The incline settings are not shown in the matrix.)

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
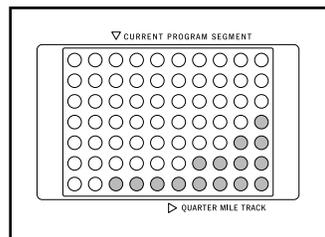
When only three seconds remain in the first segment, a series of tones will sound. All resistance settings will then move one column to the left.

The setting for the second segment will then be shown in the CURRENT PROGRAM SEGMENT column and the elliptical crosstrainer will adjust to the second resistance and incline settings.

If the resistance or incline setting for the current segment is too high or too low, the setting can be adjusted by pressing the RESISTANCE or RAMP buttons. However, when the next segment begins, the elliptical crosstrainer will automatically adjust to the next resistance and incline settings for the program.

The program will continue until the setting for the twentieth segment is shown in the CURRENT PROGRAM SEGMENT column and the left display counts down to zero. The console will then sound a tone and the two displays will pause. The console will remain in this state until the START/PAUSE button or the PROGRAM SELECT button is pressed.

To pause the program before it is completed, press the START/PAUSE button or allow the pedals to come to a stop and step off the pedals. A tone will sound, the two displays will pause, and the left display will flash. To restart the program, simply resume exercising. **Note: The console will automatically switch into the sleep mode if the pedals are not moved for a few minutes.**

4 **Follow your progress with the console displays**

As you exercise, the two displays will show the time remaining in the program, the distance that the pedals have moved, the incline level, the number of laps completed, your current speed, the approximate number of calories burned, and the resistance level. Your heart rate will also be shown when the pulse sensor is used (see step 5 on page 12).

5 **Measure your heart rate if desired**

See step 5 on page 12.

6 **When you are finished exercising, the console will automatically turn off**

See step 6 on page 12.

13

HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CD's, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 to 15 for connecting instructions. **To use iFIT.com videocassettes**, the elliptical crosstrainer must be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the elliptical crosstrainer must be connected to your home computer. See page 15 for connecting instructions.
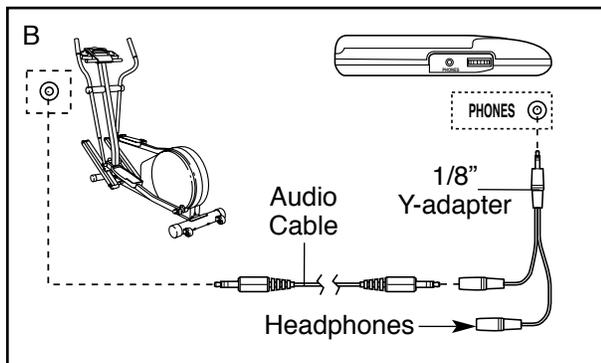
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
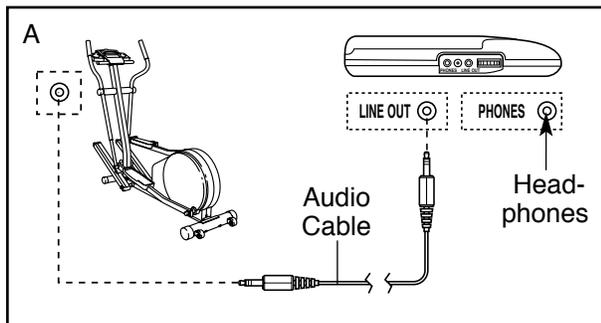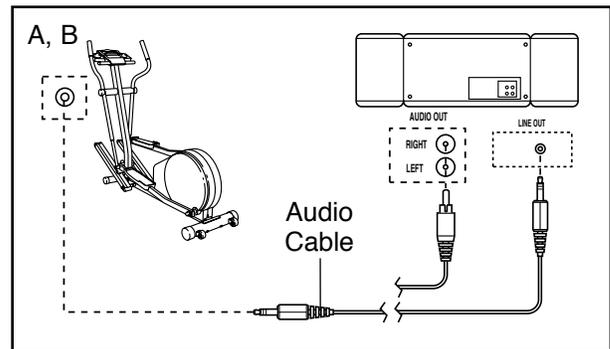

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.
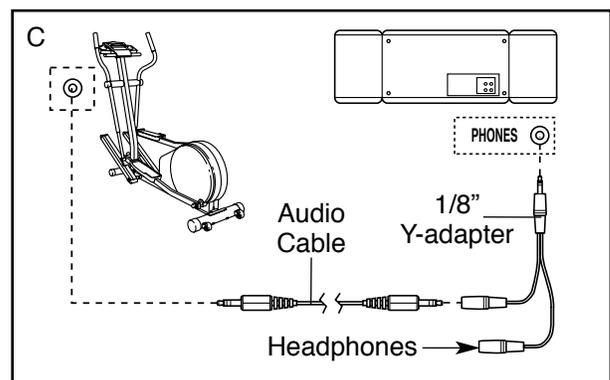

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.

B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
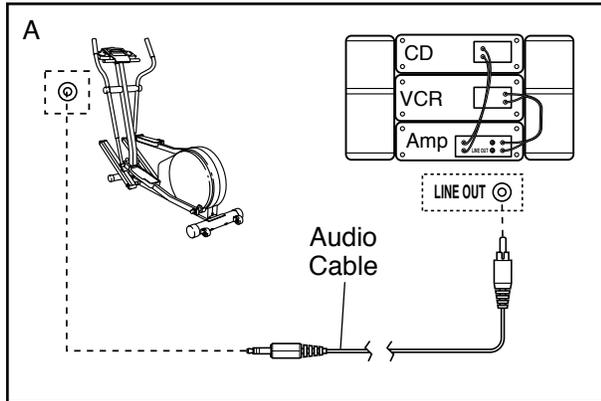
C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
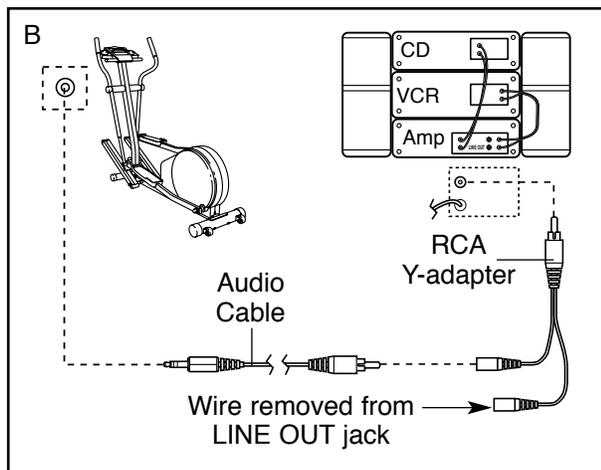
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
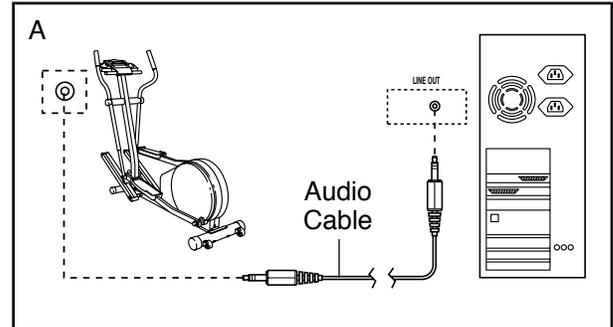

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.
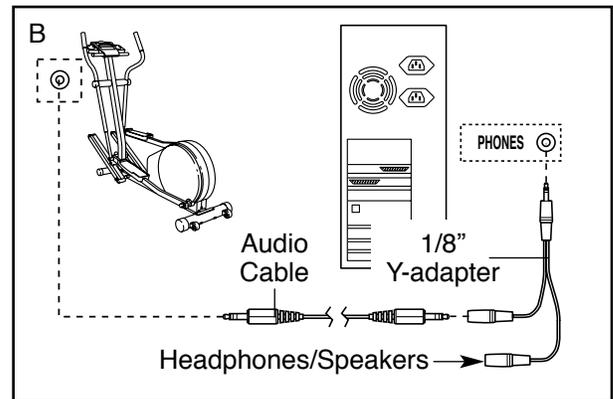

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.

HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.
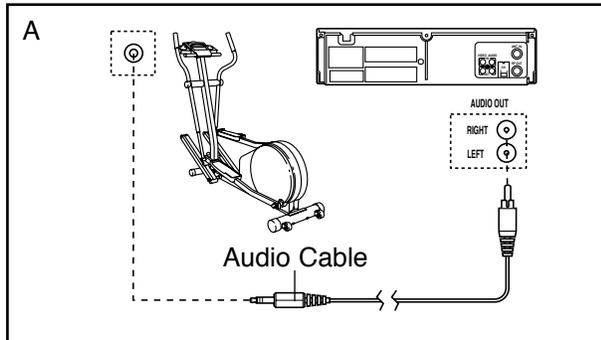
A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.
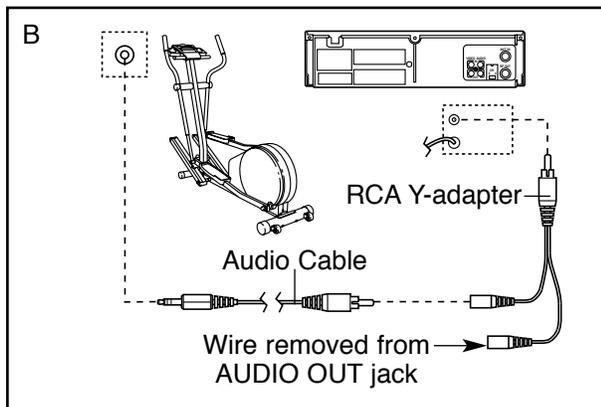
HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.**

Follow the steps below to use an iFIT.com CD or video program.

1 Turn on the power

See step 1 on page 12.

2 Select the iFIT.com mode

Each time the power is turned on, the manual mode will be selected. To select the iFIT.com mode, press the PROGRAM SELECT button repeatedly until the iFIT.com indicator lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to the lowest position.**

3 Insert the iFIT.com CD or videocassette

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

During the program, the incline and the resistance of the elliptical crosstrainer will automatically change according to the settings for the program. An electronic "chirping" sound will alert you when the incline and/or resistance is about to change.

If the incline or resistance setting is too high or too low, you can manually override the setting at any time by pressing the RAMP or RESISTANCE buttons on the console. However, when the next "chirp" is heard, the incline and/or resistance will change to the next setting for the program.

Note: If the incline and/or resistance of the elliptical crosstrainer does not change when a "chirp" is heard:

• **Make sure that the iFIT.com indicator is lit.**

• **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**

• **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 **Follow your progress with the displays**

Refer to step 4 on page 12.

6 **Measure your heart rate if desired**

Refer to step 5 on page 12.

7 **When you are finished exercising, the console will automatically turn off**

Refer to step 6 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Turn on the power**

See step 1 on page 12.

2 **Select the iFIT.com mode**

Each time the power is turned on, the manual mode will be selected. To select the iFIT.com mode, press the PROGRAM SELECT button repeatedly until the iFIT.com indicator lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to the lowest position.**

3 **Go to your computer and start an internet connection**

4 **Start your web browser, if necessary, and go to our internet site at www.iFIT.com**

5 **Follow the desired links on our internet site to select a program**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program**

When you start the program, an on-screen countdown will begin.

7 **Return to the elliptical crosstrainer**

When the on-screen countdown ends, the program will begin. During the program, the incline and the resistance of the elliptical crosstrainer will automatically change according to the settings for the program. An electronic "chirping" sound will alert you when the incline and/or resistance is about to change.

If the incline or resistance setting is too high or too low, you can manually override the setting at any time by pressing the RAMP or RESISTANCE buttons on the console. However, when the next "chirp" is heard, the incline and/or resistance will change to the next setting for the program.

8 **Follow your progress with the displays**

Refer to step 4 on page 12.

9 **Measure your heart rate if desired**

Refer to step 5 on page 12.

10 **When you are finished exercising, the console will automatically turn off**

Refer to step 6 on page 12.

THE INFORMATION MODE

The console features an information mode that keeps track of the total number of miles that the pedals have moved and the total number of hours that the elliptical crosstrainer has been used. The information mode also allows you to switch the console from miles to kilometers.

To select the information mode, press the RAMP + button and the RESISTANCE + button simultaneously for a few seconds. The following information will be shown:
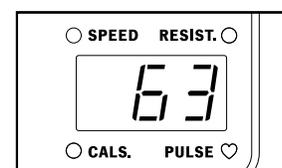
The LED matrix will show a letter E for English miles or a letter M for metric kilometers. Press the RESISTANCE + button to change the unit of measurement if desired.
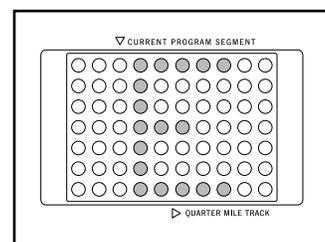
The left LED display will show the total number of miles that the pedals have moved.

The right LED display will show the total number of hours that the elliptical crosstrainer has been used.

To exit the information mode, press the right side of the START/PAUSE button.

MAINTENANCE AND TROUBLESHOOTING

For smooth operation of the elliptical crosstrainer, the incline ramp should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline ramp where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**
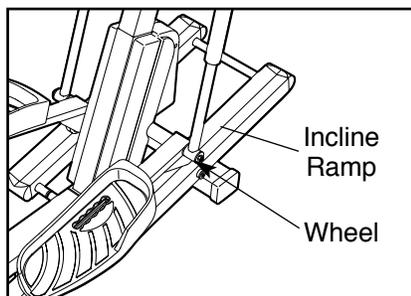
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

Incline Ramp

Wheel

CALIBRATING THE RESISTANCE AND INCLINE SYSTEMS

If the elliptical crosstrainer's resistance or incline system is not working properly, you may need to activate the calibration routine.

To activate the resistance calibration routine, first adjust the resistance to the lowest setting. Wait for the resistance motor to stop. Next, press the RESISTANCE + button. While the resistance motor is running, unplug the power cord from the wall. Wait for a few seconds and then plug the power cord back in. The resistance system will now calibrate itself. It will not need to be calibrated again.

To activate the incline calibration routine, first adjust the incline to the lowest setting. Wait for the incline motor to stop. Next, press the RAMP + button. While the incline motor is running, unplug the power cord. Wait for a few seconds and then plug the power cord back in. The incline system will now calibrate itself. It will not need to be calibrated again.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	155	145	140	130	125	115	💗
145	138	130	125	118	110	103	🖤
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

To measure your heart rate, use the pulse sensor (see step 5 on page 12).

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three important parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise (see SUGGESTED STRETCHES on page 21). A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown below. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.
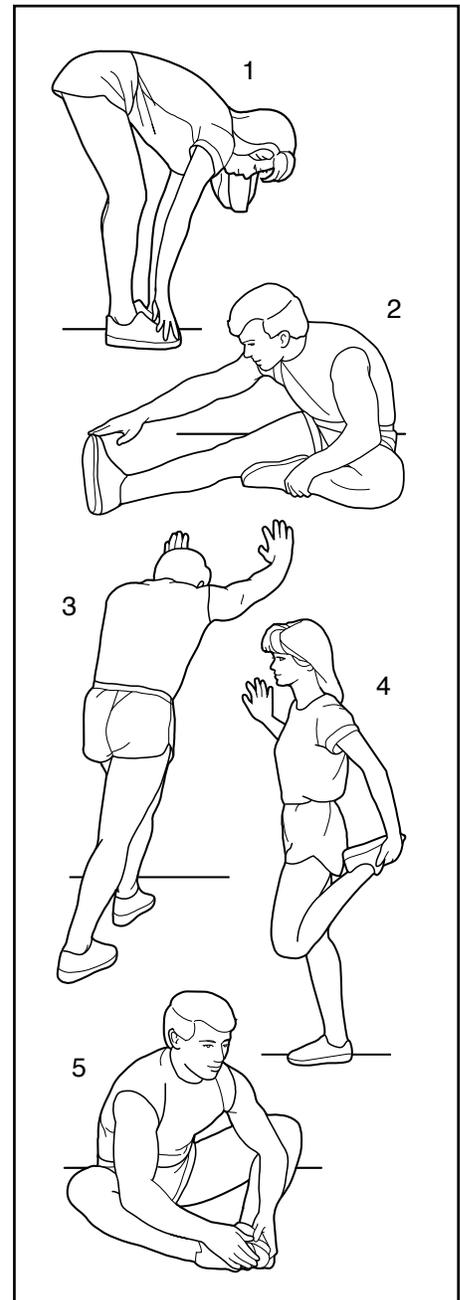
3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
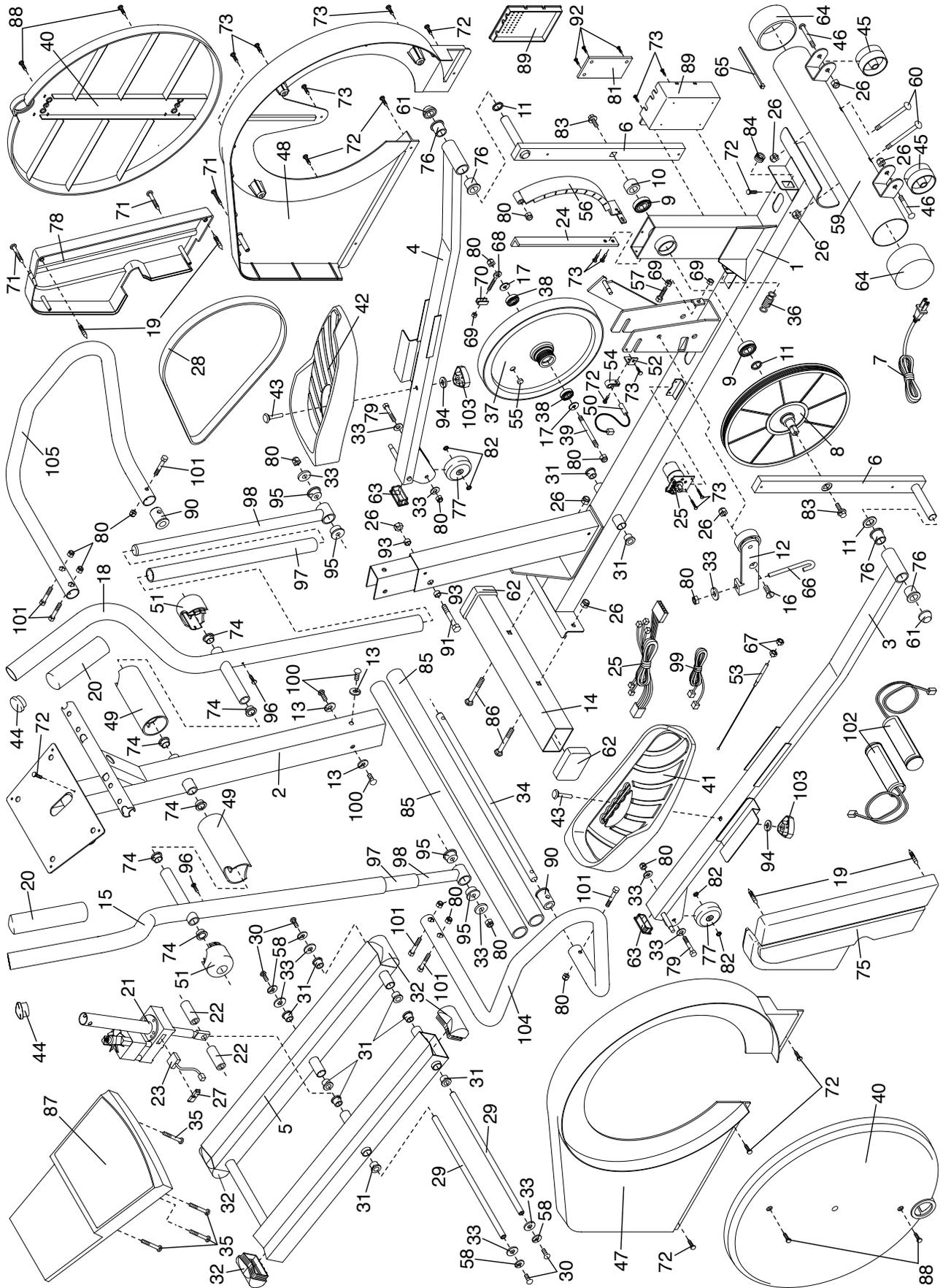
PART LIST—Model No. HREL50020

Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	1	Left Pedal Arm
4	1	Right Pedal Arm
5	1	Incline Ramp
6	2	Crank Arm
7	1	Power Cord
8	1	Large Pulley
9	2	Frame Bearing
10	2	Plastic Crank Spacer
11	3	Plastic Pedal Spacer
12	1	Idler Bracket
13	3	M10 Split Washer
14	1	Front Stabilizer
15	1	Left Upper Body Arm
16	1	Idler Arm Screw
17	2	M8.5 Flat Washer
18	1	Right Upper Body Arm
19	4	Tree Fastener
20	2	Upper Body Arm Foam Grip
21	1	Incline Motor
22	2	57mm Spacer
23	1	Incline Reed Switch
24	1	Side Shield Support
25	1	Motor/Wire Harness
26	8	M10 Nylon Locknut
27	1	Reed Switch Lock
28	1	Belt
29	2	Incline Axle
30	4	M8 x 19mm Screw
31	10	Incline Bushing
32	4	Incline Ramp Cap
33	11	M8 Washer
34	1	Arm Axle
35	4	Console Screw
36	1	Spring
37	1	Flywheel
38	2	Flywheel Bearing

Key No.	Qty.	Description
39	1	Flywheel Axle
40	2	Pedal Disk
41	1	Left Pedal
42	1	Right Pedal
43	2	M10 x 65mm Carriage Bolt
44	2	Upper Body Arm Endcap
45	2	Wheel
46	2	Wheel Bolt
47	1	Left Side Shield
48	1	Right Side Shield
49	2	Axle Cover
50	1	Reed Switch/Wire
51	2	Axle Cap
52	1	Reed Switch Bracket
53	1	Resistance Cable
54	1	Reed Switch Clamp
55	1	Magnet
56	1	"C" Magnet
57	1	Stop Bolt
58	4	M8 Split Washer
59	1	Rear Stabilizer
60	2	M10 x 105mm Carriage Bolt
61	2	3/4" Axle Cap
62	2	Front Stabilizer Endcap
63	2	Pedal Arm Cap
64	2	Rear Stabilizer Endcap
65	1	Zip Tie
66	1	"J" Bolt
67	2	M5 Nut
68	1	Eyebolt
69	3	M6 Nut
70	1	Adjustment Bracket
71	3	M4 x 63.5mm Screw
72	9	M4 x 16mm Screw
73	11	M5 x 16mm Screw
74	6	Arm Bushing
75	1	Left Incline Side Shield
76	4	Pedal Bushing

Key No.	Qty.	Description
77	2	Pedal Wheel
78	1	Right Incline Side Shield
79	2	M8 x 47mm Bolt
80	14	M8 Nylon Locknut
81	1	Wiring Board
82	4	Wheel Spacer
83	2	Flange Bolt
84	1	Grommet
85	2	Handlebar Foam Grip
86	2	M10 x 92mm Carriage Bolt
87	1	Console
88	4	M5 x 25mm Screw
89	1	Junction Box/Cover
90	2	Handlebar Bushing
91	1	M10 x 68mm Bolt
92	3	#8 x 3/8" Screw
93	2	Incline Spacer
94	2	M10 Washer
95	4	Extension Tube Bushing
96	2	M5 x 6mm Screw
97	2	Plastic Arm Sleeve
98	2	Chrome Tube
99	1	Extension Harness
100	3	M10 x 25mm Screw
101	6	M8 x 40mm Button Bolt
102	2	Pulse Grip
103	2	Pedal Knob
104	1	Left Handlebar
105	1	Right Handlebar
#	1	Grease
#	2	Allen Wrench
#	1	User's Manual

Note: # indicates a non-illustrated part.
Specifications are subject to change without notice.

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

• the MODEL NUMBER of the product (HREL50020)

• the NAME of the product (HealthRider® E55 elliptical crosstrainer)

• the SERIAL NUMBER of the product (see the front cover of this manual)

• the KEY NUMBER and DESCRIPTION of the part(s) (see page 22)